



www.harwichcommunitycenter.org

Harwich Community Center

Activities & Groups

Information Booklet



****Many Activities Require Fees****

Classes are run by independent instructors who set their course fees individually. If you have questions regarding activities or their associated fees, please call the instructor at the information provided in this booklet.

Find daily Community Center schedules at our website:

www.HarwichCommunityCenter.org

Or contact/visit:

Harwich Community Center
(508) 430-7568

Harwich Council on Aging
(508) 430-7550

Harwich Youth & Recreation
(508) 430-7553

Corrections and Changes to Booklet Information

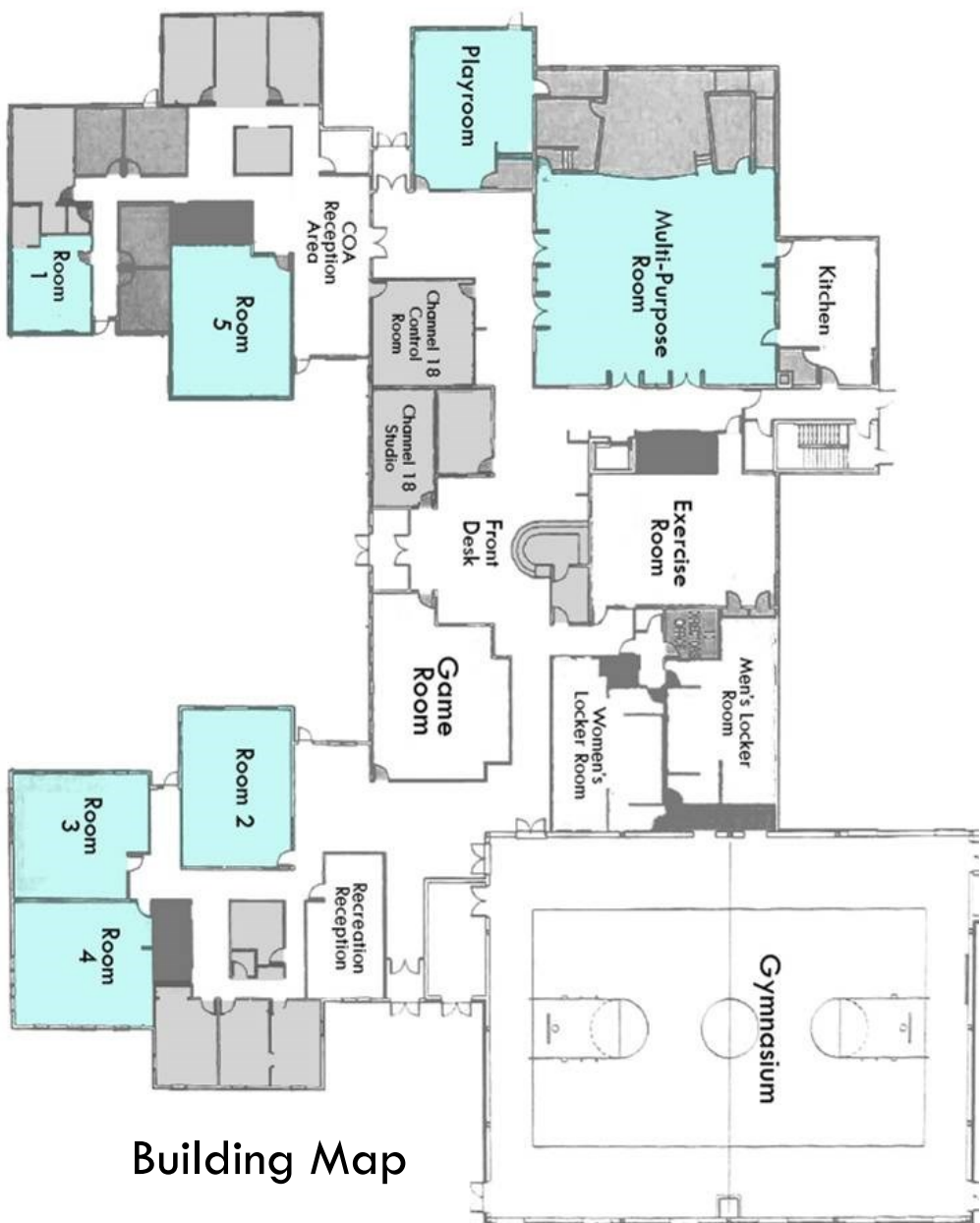
If your class or group is missing from this booklet, or if you would like to make a change to the information listed in this booklet for your group, please let us know at the front desk.

Table of Contents

| | |
|------------------------------------|----|
| Health and Fitness | 1 |
| Games | 7 |
| Arts and Crafts | 8 |
| Technology | 11 |
| Music | 12 |
| Service and Social Groups | 14 |
| Special Interests | 18 |
| Support and Self-Improvement | 21 |
| Proposals for New Programs | 26 |

Information Subject to Change: This catalog is published as a convenience and source of information for the general public. It should be understood, however, that the Community Center reserves the right to add, revise, or withdraw courses and programs as described herein.





Building Map



Health and Fitness

Insight Meditation Circle

Contact: Annette Miller

Phone: (774) 722-9067

Email: annetteoncape@comcast.net

When: Every Tuesday, 7PM-8:30PM

30 minutes of meditation followed by discussion on a topic pertaining to our meditation, and one Friday a month there will be a visiting guest speaker. Free and open to all.

Yogi Nomad/Yoga

Contact: Michele Insley

Phone: (508) 360-7227

Email: micheleinsley@gmail.com

When: Tuesday, Thursday & Saturday, 9:30AM-10:45AM

Fees: \$15 – single/drop-in

\$60 – series of 6 sessions (does not have to be consecutive)

Kripalu yoga teacher, Michele Insley, RYT 500, offers classes for all levels. Postures and stretches are used in combination with the breath to stretch the muscles, strengthen joints, and improve balance.

Participants are encouraged to develop proper alignment in the poses and cultivated a calm mind. Each class ends with a long relaxation.

Superfit and Seniorfit

Contact: Charlie Abate

Phone: (508) 432-0370

When: Wednesday & Friday,

8:30AM-9:30AM: SuperFit & 9:30AM-10:30AM: SeniorFit

Fees: \$40 per 6 week session

****Classes begin September 5th, 2018****

A total fitness workout with two levels of intensity to choose from. SuperFit is a powerful hour that includes floor work on mats, while SeniorFit is a slower, gentler workout with no work done on the floor. Register now to reserve a space by contacting Charlie. Also ask about trying out a free demo class.



Health and Fitness

Pilates (Mat Class)

Contact: Susan Quin Holbrook

Phone: 508-287-8759

Email: SusanQH@comcast.net

When: Tuesday 9am-10am & Thursday 5pm-9pm

Fees: Class packages available. Join anytime.
Contact instructor for pricing.

~ **Classes start Sept 18th, 2018!** ~

Participants perform a series of exercises on the mat, using their breathing to "flow" through the movements. Concentration is on the core muscles (abs, back, hips, pelvis) to develop tone, strength, control & balance. Progress and intensity are a personal choice by each student; class is appropriate for multi-levels of fitness.

Bring a thick exercise mat

Susan holds multiple certifications in the fitness field and has been teaching locally for decades. You may contact her with any questions at:

susanqh@comcast.net

Exercise Class with Jill Brown

Contact: Jill Brown

Phone: (508) 237-6209

Email: jillbrown221@hotmail.com

When: Thursday, 6PM-7PM

Saturday, 8:30AM-9:30AM

Fees: 12 lessons for \$96 , or \$8 per class

Group exercise classes include cardio, strength training, and stretching. Jill Brown is a certified personal trainer who specializes in weight management, low-impact exercise, and overall well-being. Come join the fun!

NEW!

“Healthy for Life” Fitness Class

Contact: COA Reception Desk

Phone: 508-430-7550

Email: jwilson@town.harwich.ma.us

When: Wednesdays & Fridays, 10:30-11:30am

Fees: \$2 per class

This new class promotes healthy aging through a program aimed at keeping your body moving. Class is taught by certified fitness instructor, Debbie Benton. Classes focus on seated exercises to help maintain strength, range of motion, coordination, balance, and muscle tone. Classes incorporate participants of different abilities. Participants use small equipment like resistance bands, medicine balls and small weights, and music keeps the energy positive!

Balance Boosters

Contact: COA Reception Desk

Phone: 508-430-7550

Email: JWilson@town.harwich.ma.us

When: Monday & Thursday, 10AM-11AM

Fees: \$2 per class

Maintain balance & flexibility with one hour of stretching safely while seated in a chair using your own body, wooden dowels, foam balls and paper plates. Feel great without being winded!

Call **508-430-7550** for the next set of class dates.



Health and Fitness

Mindful Yoga

Contact: Kathie Marin
Phone: (508) 430-8623
Email: krmarin@msn.com
When: Friday, 9AM-10:15AM
Fees: \$8 per class

Everyone can do Mindful Yoga. Yoga poses and stretches are done standing and sitting in a chair, enabling students to focus on the poses rather than on any discomfort that may come from sitting or lying on the floor. Attention is placed on breathing and being present while in class. Each class ends with 10 minutes of meditation.

Foot Fit – Perfecting Posture from the Bottom Up

Contact: Lyn Wilkinson
Phone: (508) 432-2111
Email: lyn@thepilateschool.com
Website: www.thepilateschool.com
When: Wednesday & Friday
8:30AM-9:30AM: **Pilates Mat** – basic/intermediate
9:30AM-10:30AM: **Foot Fit**
Fees: \$20 per class

Do you droop? Does standing make you want to sit? Are you friends with your feet? Using the concepts of Pilates, learn to align, lengthen & strengthen your spine from a strong base of support. Good for all ages, the class is designed to help you sit taller, stand straighter, and more balance on happier feet, with tips for daily practice.

Zumba

Contact: Alissa Krieger-Dewitt
Phone: (617) 959-4922
Email: AlissaKD@gmail.com
When: Thursday, 5:30PM-6:30PM
Fees: \$50 for 8 classes, or \$10 drop-in

Join Alissa for a fun and effective dance workout. Zumba mixes low-intensity and high intensity moves for an interval style, calorie burning dance fitness class. Latin and world rhythms are the backdrop of this total body workout.

Line Dancing for Fun & Fitness

Contact: Karen Shackelford (DVIDA Certified Instructor)

Phone: (774) 237-3037

Email: capesandsballroom@gmail.com

Web: www.capesandsballroom.com

When: **Monday** – 8:30am - 9:15am: Level 3 Line Dancing

9:15am - 10am: Level 2 Line Dancing

10am - 10:45am: Level 1 Line Dancing

Thursday – 8:30am - 9:15am: Level 2 Line Dancing

9:15am - 10am: Level 2 Prep Line Dancing

10am - 10:45am: Level 1 Line Dancing

Fees: **Drop-ins** (anyone attending less than a full month of classes): \$6.00 per class.

1 or 2 classes per week: \$4.00 per class, when paid by the month.

Two or more classes per week: \$3.50 per class, when paid by the month.

Start any time! Learn fun mini dance routines to your favorite pop, rock, Latin, and Top 40 tunes. A great, social, upbeat, and easy way to get some light exercise! Wear comfortable, casual clothing. Shoes should slide easily on linoleum yet provide sufficient traction for spins. Please bring a water bottle.

Courses are listed below from easiest to most challenging. Prior to joining any level, students should have mastered the elements in the previous levels. For a complete list of elements by level, visit:

<http://www.capesandsballroom.com/line-dance-harwich>

Level 1: Designed for beginner students who move comfortably on the dance floor and pick up elements and patterns quickly and easily. Many of the dances will be basic rhythm, but mambo/salsa, waltz, and rumba will also be introduced.

Level 2 Prep: Designed for students who would like to prepare to take Level 2 classes. Cha cha, swing, and samba rhythms will be added at this level.

Level 2: Designed for students who only need brief breakdown/review of each dance. Dancers do not necessarily need to know all of the dances in the current Level 2 or Level 2 Prep rotation, but should be able to pick up material very quickly.

Level 3: Designed for students who are ready for the added challenge of more complex elements and dances, and who can easily cope with multiple direction changes and turning options. Good balance, poise, and spatial awareness are required. Timing variations are key in this level, including the ability to hear and feel the difference in dance rhythms and to perform holds and syncopations.



Health and Fitness

Bit of Bliss Yoga

Contact: Janet Bettey, RYT

Phone: (978) 500-2390

Email: bitofblissyoga@outlook.com

When: Monday & Wednesday, 5:30PM-6:30PM

Fees: \$15 - single/drop-in

\$60 - series of 6 classes, or \$90 for 10 classes

(series of classes do not need to be consecutive)

Join Janet Bettey, RYT of Bit of Bliss Yoga of Cape Cod on the mat to experience the connection between yoga and a healthy life! These gentle, stress-relieving classes stretch and strengthen the body gradually.

Emphasis is on building awareness of the breath and the body.

Recommended for those who are looking for a soothing, relaxing and nourishing experience. Whether you want to deepen your practice, or begin to explore yoga, classes are accessible for all. Students are encouraged to always honor their body. Beginner friendly! Join us anytime and find your bliss!

www.bitofblissyogaofcapecod.com

Drop-In Walking Club

Contact: Sponsored by the COA

Phone: (508) 430-7550

When: Monday, Tuesday & Thursday, 6AM-8:30AM

Fees: None

Drop in and walk laps in our gym on a dry, level surface without worrying about the weather. Twenty one laps is approximately one mile.



Games

Bridge II

Contact: Nancy H. Blezard

Phone: (508) 432-6203

When: Monday, 1PM-3PM

Fees: \$30 for a 6 week session

Bridge classes are held in 6 week sessions. Classes include improving your bridge skills using conventions. The play of the hand is also a part of this class. Contact Nancy at the phone number above for more information.

Mah Jongg

Contact: Roxana Terwilliger

Phone: (508) 432-0549

Email: roxie75@comcast.net

When: Tuesday, 9AM-12PM

Fees: None

We gather to play Mah Jongg. We do not give lessons, but are happy to teach any novice player. Walk-ins are welcome.

Wicked Fun Gaming

Contact: Matt Donle

Phone: (774) 327-1401

Email: wickedfungames@gmail.com

When: Saturday, 9AM-10PM (Meets on 1st Saturday of the month)

Fees: Contact Matt for more information

Table-Top Gaming (board games, card games, RPG) for ages 18 and up.

Cribbage

Contact: COA Reception Desk

Phone: 508-430-7550

Email: JWilson@town.harwich.ma.us

When: Thursday, 1PM-3PM

Fees: None

Weekly drop-in cribbage games are held at the Council on Aging. Open to all, beginners, novices, and skilled. Fun for all and a great way to meet new friends.



Arts and Crafts

Guild of Harwich Artists

Contact: Chris Banks

Phone: (508) 769-6759

Email: 68Chrisbanks@gmail.com

Website: www.guildofharwichartists.org

When: **Thursday**, 1PM-4PM – Weekly Workshop

Saturday, 12-2PM – Monthly Gallery Meeting*

(Meets 3rd Saturday of Months: April—Dec)

Saturday, 2PM-4PM – Monthly Guild Meeting*

(Meets 3rd Saturday of Months: Jan—June, Sept—Dec)

Fees: Contact group for membership information

The Guild of Harwich Artists is a non-profit organization of Harwich residents who share an interest in visual art and the desire to create. Monthly meetings are held throughout the year. The Guild offers a short meeting followed by a guest artist's demonstration.

Free and open to the public! All are welcome!

Front Porch Rug Braiding

Contact: Janet Fitzgerald

Phone: (781) 603-7971

Email: janet222@comcast.net

When: Saturday, 10AM-3PM (meets once monthly, starting Sept 2018)

Fees: \$20 Room Donation Charge

The Front Porch Rug Braiding Guild meets several times a year and is open to any rug braider, no matter what method is used. Our purpose is to share ideas and get together with others who have the same common interest. Janet offers help with questions, or if you have a braided rug in need of repair, she will show you how to fix it.

Please text or email to reserve your space.

Rug Braiding Classes

Contact: Janet Fitzgerald

Phone: (781) 603-7971

Email: janet222@comcast.net

When: Tuesday, 5:30PM-8PM, Sept 25th, 2018—Apr 30th, 2019

Fees: Contact Group for more information

Rug braiding techniques are taught not only the traditional shapes, such as oval and round, but for the advanced braider, squares, hexagons, octagons, hearts and more! For your first class, you will be given a kit to start. These classes are for all levels of braiders. Braiding supplies available for purchase.

Cranberry Rug Hooking Guild (Chapter of ATHA)

Contact: Mary Lou Ricci

Phone: (508) 392-9585

Email: cranberryrughookers@gmail.com

When: Saturday, 9AM-1PM (Meets on 3rd Saturday of the month)

Fees: Contact group for more information.

Chapter of the Association of Traditional Rug-hooking Artists.
Open to membership, visitors, and interested parties.

Wednesday Stitchers

Contact: June Jordan

Phone: (508) 432-2235

Email: needleworkerjune@verizon.net

When: Wednesday, 10AM-3PM

Fees: Contact group for more information.

Our group is basically involved in counted cross stitch—however, we do other types of crafts such as knitting and crocheting. Our goal is to help each other learn and improve our technique.

Beginners or experienced—all are welcome!



Arts and Crafts

Quilt Bank

Contact: Grace Filliman

Phone: (508) 432-3486

Email: grannyinharwich@comcast.net

When: Monday, 10AM-2PM

Fees: None

All members are invited to drop in on Mondays from 10AM to 2PM to make quilts with others for those in need. All materials are provided. Over 500 quilts per year are donated to wounded soldiers, disaster victims, abused women and children, seriously ill children in regional hospitals, and others in need.

For more information, visit:

www.bayberryquiltersofcapecod.com

Monthly Cooking Classes

Contact: COA Front Desk

Phone: (508) 430-7550

Email: jwilson@town.harwich.ma.us

When: Thursday, 4PM-7PM ***Meets once a month*

Fees: \$15

Our Chef Instructor for these classes will be Kay Benaroch. Kay started cooking as a child and hasn't stopped since. After completing a Culinary Certificate Program at the Cambridge School of Culinary Arts, she assisted in recreational classes at the school before starting to give classes in local adult education programs.

****For specific class information, or for future class dates, please call the COA at (508) 430-7550. Pre-registration is required.**



Technology

Device Advice – Drop-In Technology Assistance

Contact: COA Front Desk

Phone: (508) 430-7550

Email: jwilson@town.harwich.ma.us

When: 3rd Tuesday of the month, 9:15AM-10AM

Fees: None

“Device Advice” is your chance to sit down with someone from Brooks Free Library to answer basic questions about your personal device! Each meeting is 5-15 minutes long, and is open to any type of device... iPad, eReader, iPhone, laptop, ect. “Device Advice” is perfect if you want an overview, need help downloading ebooks, or have a question about how to do something.

This is not a device repair service, and we cannot remove bugs or malware. Think of it as a friendly personal consultant who is here to provide free assistance. **Pre-registration is required by calling the COA at 508-430-7550.**

Laptops for Seniors

Contact: Rick Anderson

Phone: (508) 430-7550

Email: RAnderson@town.harwich.ma.us

Fees: None

Sponsored by the COA and the Masonic Angels Foundation

The COA accepts donations of laptops which will be wiped clean, refurbished, and returned right back to the community for seniors in need. For more information contact Rick at the COA at 508-430-7550



Music

Sound Dunes Swing Ensemble

Contact: Jim Stamboni
Phone: (508) 385-3475
Email: sounddunesband@gmail.com
When: Wednesday, 7PM-9:30PM
Fees: None

The Sound Dunes is a big band featuring music of the 30's, 40's & 50's as well as some more contemporary tunes. There are "open" rehearsals on Wednesday night for interested instrumentalists & vocalists. So feel free to bring your instrument or voice and join us. While these are rehearsal sessions, people are welcomed to come listen to (or dance to for that matter!) some great music.

Cape Cod Ukulele Club

Contact: Cathy Hatch
Phone: (774) 722-1725
Email: cathy_hatch@comcast.net
When: Tuesday, 7PM-8:30PM
Fees: None

Cape Cod Ukulele Club consists of players, singers, and happy people who play music for happiness and entertainment. Participants should be able to play basic chords or be willing to learn. A new song book is used every month.

Introduction to Ukulele

Contact: COA Front Desk
Phone: (508) 430-7550
Email: jwilson@town.harwich.ma.us
When: 1st & 3rd Thursday of each month, 1PM-2:30PM
Fees: None, but donations are accepted.

Sponsored by the COA and Cathy Hatch of the Cape Cod Ukulele Club
Ukuleles will be available to use if you don't have your own. This group is intended for all levels with a focus on beginners. Please call the COA at **508-340-7550** to pre-register so we know how many to plan for.

Cape Community Orchestra

Contact: Paula Miller

Phone: (774) 573-9093

Email: capecommunityorchestra@gmail.com

When: Wednesday, 6:30PM-8:30PM

Fees: None

The Cape Community Orchestra was formed in 1990 to maintain an orchestra on Cape Cod for musicians of all ages who have the ability to read and perform music on the instrument of their choice. Our members come from the entire Cape Cod area and we are always looking for new members, especially strings. If you have an interest in joining, please call the number above.

For more information please see our website:

ccorchestra.weebly.com

Or join us on facebook at facebook.com/CapeCommunityOrchestra/

Harwich Town Band

Contact: Peter Cobb (Conductor)

Phone: (508) 255-0923

When: Tuesday, 6:30PM-9:15PM

Fees: None

The Harwich Town Band has been playing for Cape audiences since 1975. The band meets for weekly rehearsals at the Community Center, preparing for events such as the band's Annual Holiday Concert, and summer performances at Brooks Park.

**FREE Summer Concerts every Tuesday Evening
throughout July & August, beginning at 7PM!**

Service and Social Groups

Chatham-Harwich Newcomers Club

Contact: John Moretti

Phone: (508) 432-8255

Email: morejj@comcast.net

When: Contact group about specific activity meet-ups

Fees: \$15 Membership Fee

A social club for residents of Harwich and Chatham, serving the needs of both newcomers to the Cape and seasoned residents who are looking for an enhanced social life and the opportunity to meet new people. Offers 24 activities, including biking, book club, bowling, hiking, woodworkers, corn hole toss, and fine dining.

Harwich Women's Club

Contact: Mary Beth Bryant

Phone: (508) 432-9037

Email: moose.bryant@verizon.net

When: 2nd Thursday of each month, 11:30AM-3PM

Fees: Contact group for membership information

The HWC is a member of the General Federation of Women's Clubs of Massachusetts, as well as the International Federation of Women's Clubs. It is the largest organization of women volunteers in the world.

Women's International League for Peace and Freedom

Contact: Donna Pihl

Phone: (774) 237-0172

Email: dpihl2@comcast.net

When: 4th Monday of each month, 6PM-8:30PM

Fees: Contact group for membership information

WILPF is a group of women and men who work to create justice and peace locally, nationally, and internationally. WILPF envisions a transformed world at peace, where there is racial, social and economic justice for all people everywhere—a world in which the interconnecting web of life is acknowledged and celebrated, and human societies are designed and organized for self-governance.

Men's Breakfast and Book Club

Contact: Judi Wilson

Phone: (508) 430-7550

Email: jwilson@town.harwich.ma.us

When: 2nd Friday of each month

9AM-10AM: Men's Breakfast

10AM-11AM: Men's Book Club

Fees: None

Men's Breakfast: The Men's Breakfast group meets monthly for a homemade breakfast, followed by an informational speaker. This Program is free, but donations are encouraged.

Men's Book Club: This Book Club meets immediately following the monthly Men's Breakfast on the second Friday of each month. Books are chosen by the group (picked up from Brooks Library) and discussed at the monthly meeting at 10AM. New members welcome!

Reservations are required by calling the COA at 508-430-7550.



Service and Social Groups

Senior Dining & Supper Club

Contact: COA Front Desk

Phone: (508) 430-7550

Email: jwilson@town.harwich.ma.us

When: **Senior Dining:** Monday – Friday, 11:30AM-12:30PM*

Supper Club: 1st Monday of each month, 5PM-7PM

Fees: **Senior Dining:** \$3 per person

Supper Club: \$5 per person

(It is \$1 more for out-of-town guests)

**Let us handle the cooking with our Senior Dining
Program and our Supper Club Program!**

*Lunch is served year-round Monday through Friday EXCEPT on the 1st Monday of the month (Supper Club), and the 2nd & 4th Friday of the month (Breakfast Programs).

Lunch includes a delicious home-cooked meal along with a special dessert treat. Come along and make new friends, or come with a group... either way, we're sure you'll enjoy it! Menus are available both in the Community Center newsletter as well as available at the Council on Aging Reception Desk for you to peruse at your leisure.

**You will need to make a reservation ahead by calling
(508) 430-7550, by 11AM on the day before the meal
you would like to attend.**

The Cranberry Coach is available to pick you up for these meals by calling them directly at (508) 241-1566.

This program is a great place to meet people and not have lunch or supper alone. Please call today!!

Women's Breakfast

Contact: COA Front Desk

Phone: (508) 430-7550

Email: jwilson@town.harwich.ma.us

When: 4th Friday of each month, 9AM-10AM*

Fees: Program is free, but donations are encouraged

An activity for women to have breakfast, socialize, enjoy each other's company, maybe meet new friends and listen to a different speaker each month. **Reservations are required.**

*This group traditionally meets on the 4th week of the month, but that is subject to change due to holidays or other major events. Contact the COA for more details.

NEW!

"Big Screen" – A Movie Day for Seniors

Contact: COA Front Desk

Phone: (508) 430-7550

Email: jwilson@town.harwich.ma.us

When: 2nd Tuesday of the month, 2PM

Fees: None

Come alone or with your friends to view a movie on the "big screen" in the Multipurpose Room. We'll even be serving popcorn!

You must pre-register by calling the COA at (508) 430-7550.



Special Interests

Business Network International

Contact: Amy Hardy

Phone: (508) 237-5565

Email: amy@sparkleedgecleaningcapecod.com

When: Wednesday, 6:45AM-8:30AM

Fees: Contact Group for more information

BNI is the largest business networking organization in the world.

We offer members the opportunity to share ideas, contacts and most importantly, business referrals. One person per trade is accepted.

Cape Cod Hydrangea Society

Contact: Ginny McCabe

Phone: (508) 259-5915

Email: GinnyMcCabe65@gmail.com

When: Meetings in May & September

Website: www.thecapecodhydrangeasociety.org

Hydrangea enthusiasts meet to educate, increase our knowledge, and share what we have learned for the benefit of the entire Cape Cod community.

Harwich Conservation Trust

Contact: Michael Lach

Phone: (508) 432-3997

Email: mike@harwichconservationtrust.org

The Harwich Conservation Trust holds many special events at the Community Center, including live animal programs and interesting educational presentations. For updates on specific events, please visit their website at: **www.harwichconservationtrust.org**

Master Gardeners

Contact: Betty Morse

Phone: (508) 385-5585

Email: bettlin@comcast.net

Fees: Contact group for membership information

Master Gardeners are adults of all ages who love gardening and who have previous gardening experience. They come from all walks of life and are willing to learn about horticulture and share that research-based information with others. The Master Gardeners teach a Backyard Horticulture class that runs 8 weeks in February and March. For information, visit:

www.capecodextension.org/aghort/mastergardener/

Garden Club of Harwich

Contact: Rita Bock

Phone: (774) 237- 0401

Email: westchesta@aol.com

When: 1st Tuesday of the month, 12PM-3PM
(Except July & August)

Fees: Contact group for membership information

The club's mission is to stimulate interest in gardening, horticulture, and to beautify Harwich through education, conservation and cooperation. The club plants and maintains 18 public spaces and 50 Streetscape Containers throughout the Harwiches. We create bouquets for the elderly through our Community Outreach, as well as pick up roadside trash through our Project G-Litter program. We provide scholarships, tool-ships and mini-grants. We decorate the Harwiches for the holidays with 100 wreaths. We are a working club and we are eager to accept new members. For more information, or to submit an application for membership, visit:

www.gardenclubofharwich.org/garden-club-of-harwich-c2344



Special Interests

Cape Cod Business Referrals

Contact: George Kennedy

Phone: (508) 280-7407

Email: GWAKennedy@aol.com

When: Thursday, 7:15AM-8:30AM

Fees: Contact group for membership information

Organization of various professionals: lawyer, insurance, electrician, plumber, mason, handy man, real estate agent, janitor, website designer, landscaper, roofer, house contractor, ect. Meet up to learn about each other's business and refer each other clients.

Senior Volleyball

Contact: Ray Sacramone

Phone: (508) 432-4718

Email: rkftd@comcast.net

When: Tuesday & Friday, 11AM-1PM

Fees: None

Rec Volleyball League for seniors 55

Players must have intermediate volleyball skills with the ability to perform underhand serves, pass, and keep the ball in play. Rules are more relaxed to accommodate the reality of senior skill levels and games are played with the "one bounce" rule, allowing the ball to bounce once on each side during play.



Support and Self-Improvement

Diet Support and Nutrition

Contact: Ginny O'Halloran (R.N.)
Phone: (508) 430-1909
Email: Ginny98@comcast.net
When: Tuesday, 9AM-10AM
Fees: \$0.25 a visit

Diet Support and Nutrition offers support and strategies to lose and then maintain your desired weight. This group assists in understanding food labels, making better food choices, and evaluating current and new diet information.

Sight Loss Services Support Group

Contact: Donna Moberg
Phone: (508) 394-3904
Email: info@sightloss.org
When: 1st Tuesday of the month, 10AM-11:30AM
Fees: None

Peer meetings serving those with blindness and vision loss. Speakers and experts give presentations, and the group discusses coping techniques and medical advances. Please RSVP to the office to attend.

Wellness Clinic/Blood Pressure Clinic

Contact: Susan Jusell (R.N.)
Phone: (774) 722-4610
Email: sjusell@town.harwich.ma.us
When: Mondays 4:30pm-5:30pm & Wednesdays 9:30am-12pm
Fees: None

This walk-in wellness clinic is run by Harwich Town R.N., Susan Jusell. Stop by to have your blood pressure taken, or for health-related questions and education. Shots are offered only with an MD order.

Support and Self-Improvement

WE CAN

Contact: Tracy Johnson

Phone: (508) 430-8111

Email: tracy@wecancenter.org

When: Various dates & times, contact for more info

Fees: None

WE CAN serves women who are in transition in their lives. We offer a number of workshops throughout the year that are open to the public. These workshops include:

Pathmakers – A program which matches women with mentors to set and achieve goals.

Divorce Bootcamp – A program led by a licensed attorney to help women navigate through the divorce process.

For information on these workshops and more, visit:

www.wecancenter.org

Betty Brady's Feet First

Contact: Betty Brady

Phone: (774) 238-0274

Email: BBrady@bettybradyfeetfirst.com

When: 1st Wednesday of each month, 8AM-3PM
4th Wednesday of each month, 8AM-12PM

Fees: \$35 per appointment

Assessment and evaluation of lower extremities and trimming of toenails offered. This clinic is by appointment only. You can set up an appointment through the COA (508-430-7550), or by calling Betty at the phone number above.

For more information, visit:

www.bettybradyfeetfirst.com

Overeaters Anonymous

Contact: Maryanne Houle

Phone: (508) 243-8721

Email: maryannehoule@yahoo.com

When: Monday, 2PM-3PM & Thursday, 10AM-11AM

Fees: None

OA is a fellowship of men and women from all walks of life who meet in order to help solve a common problem – compulsive overeating. The only requirement for membership is a desire to stop eating compulsively. Anorexics, bulimics, and both young and old are welcome.

Clutterers Anonymous

Contact: Maryanne Houle

Phone: (508) 243-8721

Email: maryannehoule@yahoo.com

When: Wednesday, 9:30AM-10:30AM

Fees: None

CLA is a 12 Step Recovery Program for both clutterers and hoarders. All are welcome.

Al-Anon

Contact: Al-Anon Family Groups of MA

Phone: (508) 366-0556

Email: afgofma@aol.com

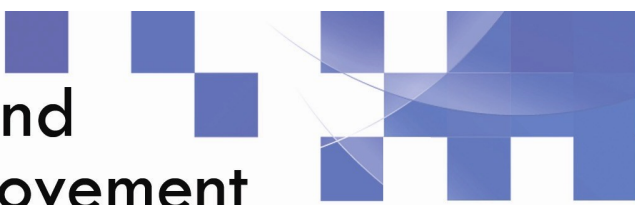
When: Friday, 5:30PM-6:30PM

Fees: None

An Alcohol Anonymous support group. Do you wish the drinking would stop? You have choices. Al-Anon Family Groups can help.

For more information, visit:

www.Al-Anon.Alateen.org



Support and Self-Improvement

Dementia/Alzheimer's Family Support Group

Contact: Melanie Braverman

Phone: (508) 896-5170

Email: alzheimerscapecod@gmail.com

When: 1st & 3rd Wednesday of the month, 10:30AM-12PM

Fees: None

This group helps families develop better coping strategies, learn more about Alzheimer's Disease and Dementia, and help connect to support services in the community. Two groups meet at the same time, one for caregivers and family members, and the other an activity group for those with cognitive impairments.

Group is facilitated by Fran Lavin, RN, of Cape Cod Alzheimer's Family Support Center. **Pre-registration is required.**

For more information, visit:

www.alzheimerscapecod.org

Dads Talk

Contact: Eric Hauck

Phone: (508) 280-9353

Email: erich134@comcast.net

When: 1st Wednesday of the month, 6PM-7:15PM

Fees: None

Connect with other fathers and chat about being a dad (or whatever is on your mind). All men are welcome to this non-therapeutic gathering, regardless of their child(ren)'s age(s), their parenting situation, and where they live. Dinner and child care provided.

Sponsored by Cape Cod Neighborhood Support Coalition, Cape Cod Children's Place, and Harwich Early Childhood Council. **Information or registration:** beverly@capecoalition.com or 508-771-4336.

Spaulding's Parkinson's Wellness Program

Contact: Heather Merrill, MSPT

Phone: (508) 240-7203

Email: hmerrill@partners.org

When: Tuesday and Thursday, 10AM-11:30AM

Fees: Contact group for more information.

The Parkinson's Disease Wellness Programs are designed to enhance quality of life for persons living with Parkinson's disease, related movement disorders, and their families. Conducted by clinicians with specialized expertise in neuro-rehabilitation, our wellness programs are an important complement to Spaulding's multiple levels of care, allowing us to tailor services to meet each person's needs. Spaulding's comprehensive approach to Parkinson's Disease (PD) includes intensive inpatient rehabilitation, comprehensive outpatient therapy and physician services, adaptive sports, and wellness programs.

Compassionate Friends

Contact: Kathy Mero

Phone: (508) 398-7422

When: 2nd Wednesday of the Month, 6:30PM-9:00PM
(No meeting in Dec 2018)

Fees: None

We are a meeting of parents or siblings whose children, grandchildren, or siblings have passed away. Anyone is welcome, no matter their loss.

Pedi Care, LLC

Contact: Dorothy McNamara

Phone: (413) 567-1023

Email: Pedicare246@gmail.com

When: Third Friday of the month, 9AM-3PM

Fees: \$35 per appointment

Pedi Care Clinic is back! Routine foot care includes cutting and thinning of fungal nails by a registered nurse. By appointment only. Home visits are also available for \$55.

Call 508-430-7550 to make an appointment.



Proposals for New Programs

The Harwich Community Center's facilities include a number of spaces which are available for use by private individuals, for-profit organizations, and non-profit organizations at various rates. These spaces may be rented for single uses or on a yearly basis. If you would like to reserve a room, please see the front desk for more information about room rental fees and to pick up an Application for Room Use form.

We welcome proposals for new groups or classes at any time, as we are always looking to expand our program offerings here at the Community Center.

New proposals are reviewed on a rolling basis for any open time slots. Classes have been offered in many different formats in the past: one-session workshops or presentations, multi-session classes, one hour lectures, evening concerts, panel discussions or lectures, and many more.

Complete the following three steps to submit a proposal:

1. Read the general information
2. Fill out a New Program proposal form. You will be asked for your contact information, program title, a description of your class/group (for the information booklet, if selected), requested room set-up, a short biography, ect.

Return your application to the front desk where it will be reviewed by the Building Director and, if necessary, submitted to the Facilities Committee for approval.

Space will not be reserved until applications and Room Use Fees are received. All reservations are on a first-come, first-serve basis.

Rental Rules

- ◆ Participants must abide by the Board of Health rules regarding food at the Community Center
- ◆ Decorations must be in compliance with the Community Center Decorations Policy.
- ◆ No alcohol is permitted on the premises.
- ◆ Supervision of the program is the responsibility of the applicants.

Technology/Equipment

If you would like to make use of the following available equipment, please alert staff at the time you reserve your space or as early as possible in advance of your meeting. Equipment is loaned on a first-come, first-serve basis. All equipment must be returned in the same condition in which it was loaned. Equipment may not be removed from the building.

- ◆ Television with DVD Player/VCR
- ◆ Easel (groups must provide their own chart paper)
- ◆ White Board Easel (Note: Activity Rooms 2-5 are equipped with whiteboards)
- ◆ Two podiums with microphones
- ◆ Portable PA System with Microphone
- ◆ Portable Screen for Projections
- ◆ Digital Projector (rental fee of \$25, plus \$50 deposit)
- ◆ Two Coffee Pots – 55-cup capacity
(Group must provide their own coffee and supplies)

For renters providing services to clients, the following documentation must be provided prior to the beginning of the rental:

- ◆ A business license or professional license (if applicable)
- ◆ A certificate of insurance naming the Town of Harwich as also insured for \$1,000,000
- ◆ A completed CORI Check



Hours of Operation

Monday through Friday
6AM - 10PM

Saturday
8AM - 5PM



FOLLOW US
ON FACEBOOK

@ HarwichCommunityCenter

HARWICH
Community
CENTER

100 Oak Street
Harwich, MA 02645
(508) 430-7568
Fax: (508) 430-7085

July 2018